

The background of the top section is a photograph of the Golden Gate Bridge in San Francisco at night. The bridge's towers and suspension cables are illuminated with warm orange lights, and the city lights of San Francisco are visible in the distance under a dark sky.

EMOTIONAL INTELLIGENCE: WHAT IT IS AND HOW TO INCREASE YOURS

Facilitating Positive Change

Half-day (3-4 hours)

Are you skillful in recognizing your emotions and how they affect your work? Would you like to improve your ability to collaborate with, motivate, and influence others? Would you like tools to increase your self-awareness. This training will teach you how to increase your skills in harnessing your emotions and monitoring their impact on your environment and your performance.

Objectives

- Understand the importance of emotional intelligence
- Appreciate the power that emotions have on your success
- Increase your related skills and self-awareness

Content

- Taking stock of your emotional intelligence skills
- Identifying your emotions and how they affect you and impact others
- Managing your stress to maintain your professionalism
- Building your credibility
- Recognizing your impact on others

“The Consulting Team did a great job in facilitating our training during a significant transition of half my command staff to new assignments. We identified needed skills, assessed our strengths, and defined productive ways to implement them. I plan on continuing to look to The Consulting Team for future assistance and recommend them as trainers, facilitators, and coaches.”

- Jon Cox, Chief of Police, City of Dixon, CA

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